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Celebrity p/14

Campbell blames media for bad girl image

iPhone 3G sales top 1 million in first weekend

GLOBAL Worldwide sales of Apple Inc.'s second-generation iPhone totalled more than one million in its first weekend amid warnings that a slumping global economy could put a dent in overall handset sales this year.

Apple CEO Steve Jobs called the debut of the iPhone 3G a "stunning opening weekend," while analysts claimed the sales figures for the three-day period were in line with their estimates.

By contrast, the previous version of the iPhone sold just 270,000 units in its first two days. But unlike the original version, which was initially available only in the United States, the new version of the iPhone is being sold in 21 different countries.

TORSTAR NEWS SERVICE

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Athletes dodge rights debate

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Heal your body through food

Entertainment page 11

Pop, presidency separate: Bruni

ETIENNE RANGER/FOR METRO OTTAWA

Gatineau Police Const. Isabelle Poirer is surrounded by media yesterday as she unveils what investigators are calling the city's largest seizure of drugs, counterfeit identification cards and proceeds of crime.

Drug seizure worth $400K

Police: Bust biggest for Gatineau

TRACEY TONG
tracey.tong@metronews.ca

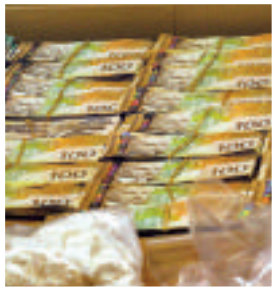
The seizure of $400,000 worth of drugs, cash and vehicles following the arrest of two men accused of supplying drugs to a Montreal gang is the biggest-ever such bust by Gatineau police.

In a media show-and tell at Greber Boulevard headquarters yesterday, police displayed dozens of bundles of $100, $50 and $20 bills, baggies full of cocaine and crack, jewelry, a handgun and ammunition, cellphones, credit cards and even an assortment of men's clothing and shoes — all connected to arrests made Friday in the parking lot of the McDonald's restaurant on St. Raymond Boulevard.

One of two men confronted by Gatineau police's anti-drug group tried to flee, but was arrested. The men are suspected of selling drugs locally to members of the Rough Riders, a Montreal-based gang, said Gatineau Police Const. Isabelle Poirier.

After confiscating 414 grams of crack, 189 grams of cocaine, $2,000 in cash, two cars and scales and bags, police and Canada Border Services officials searched one suspect's residence at 504 — 400 des Grives Blvd. on Saturday.

There, police allegedly found a one-kilogram block of cocaine, a .38 calibre handgun with ammunition, and $150,000 in cash. Police also seized six vehicles, including a Mercedes-Benz convertible and two Jeep Grand Cherokees, $20,000 worth of electronics, including big-screen TVs, and $30,000 worth of men's clothing items, including 60 pairs of shoes.



Police confiscated bundles of cash as well as ID cards with a suspect's picture and various information.

Police allege all goods were stolen or purchased with proceeds of crime.

There were also driver's licences and numerous credit cards, which bore the photograph of a suspect but had false names, dates of birth and addresses, and two false Canadian citizenship cards.

Patrick Anthony Douglas, 44, of Jamaica, and Marvin Cory Morris, 34, of Trinidad and Tobago — both Gatineau residents — appeared in court yesterday.

E-mails on jihad admitted in city terror trial

COURT Momin Khawaja said in a 2003 e-mail that he couldn't stand by and watch "blood thirsty" imperialists attack Afghanistan and other Muslim countries while he held a cushy nine-to-five job.

"There is no excuse deep down, just reaping the benefits of life in the west," wrote Khawaja, a former Orleans resident who was arrested four years ago and is now on trial in Ottawa on seven terrorism-related charges, including allegedly funding terrorists and building a device to explode a bomb in a failed attack on London.

Almost 200 pages of e-mails, mostly related to the courtship of Khawaja and his former Pakistani fiancée Zeba Khan, 23, were released to the public yesterday.

Earlier, Justice Douglas Rutherford said he decided to allow controversial e-mails, DVDs and CDs to be entered as evidence despite objections from defence lawyer Lawrence Greenspon that they were prejudicial.

Rutherford said the DVDs and e-mails could be no more harmful than details revealed so far at the trial by judge alone, calling previous details "sinister and chilling."

Greenspon tried to block an Oct. 24, 2003, e-mail from Khawaja to Kahn in which he said that killing thousands of "innocent humans" in the Sept. 11, 2001, terror attacks on the United States was the cost of economic jihad or the Islamic struggle against the West.

"My argument was that they are not relevant to anything to do with the London fertilizer bomb plot," Greenspon told reporters.

In the Oct. 24 e-mail, Khawaja stated: "Yes, I understand that innocent human beings died, but there is absolutely no other way of achieving the same objective with the same effect."

Lead Crown lawyer David McKercher said the DVDs, which have not been shown in court, show violent acts of terrorism.

TORSTAR NEWS SERVICE

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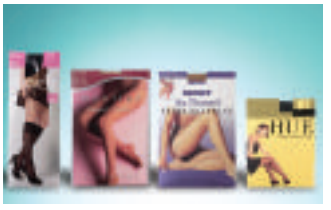

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the Bay

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Christmas in July
On Thursday, local politicians and VIPs will be serving up breakfast at the Fallowfield Transit Station as part of the annual Christmas in July event. Donations support the Christmas Exchange, which has been providing food packages for local families since 1915. Call 613-226-6434 or visit *www.christmas-exchange.com* for details. METRO OTTAWA

Ottawa

Four Strong Winds at concert
Orchestras in the Park — a partnership between the National Capital Commission (NCC) and the National Arts Centre (NAC) — is bringing a series of free orchestral musical performances to LeBreton Flats, starting Thursday and running until July 20. Folk-country legend Ian Tyson, left, composer of Four Strong Winds, will perform a special concert on Saturday, to mark his 75th birthday. SOURCE: NCC/NAC

Injection site allies plead case

TRACEY TONG
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Ottawa's needle exchange program addresses the spread of communicable diseases, but a supervised injection site here could help reduce deaths due to drug overdose, a man who helped start Australia's first such program said yesterday.

TRACEY TONG/METRO OTTAWA

Tony Trimingham, a founder of Australia's first supervised injection site, speaks in front of a poster advocating the program last night at the Ottawa library.

"Nobody was there," said Tony Trimingham, whose son Damien, 23, died alone in a stairwell from a heroin overdose in 1997.

Trimingham was guest speaker last night at an information session at the Ottawa Public Library — the first of three on a tour by injection site supporters that also includes Montreal and Toronto.

Along with other affected families, Trimingham opened an illegal injection site in a church and, in 2000, he helped open Australia's first legal site in Sydney. Today, it is one of 50 around the world.

"The purpose of a supervised injection site is not to prolong drug use," he said. "It's to keep people alive until they can make a decision to give it up. Overdoses are reversible if people act quickly."

Injection sites for addicts are controversial locally and across Canada these days, after the B.C. Supreme Court recently ruled that the Controlled Drugs and Substances Act is inconsistent with the Charter of Rights and Freedoms in regards to InSite, Vancouver's supervised injection site.

Site supporters are on a public education tour to move the issue forward, said Liz Evans, the founder of the organization.

Evans, who was educated in Ottawa, said more than a million injections have taken place at the site since it opened in 2003 and not one of them has resulted in a death.

"I think it's up to a local community whether they have supervised injection sites," said event organizer Nathan Allen.

"If a community decides they need a safe injection site, then they should be able to do that."

Gunplay suspected in brawl

GUNSHOT Police are asking for the public's help to identify the person suspected of shooting a gun during a weekend fight in Ottawa's west end.

The brawl happened early Saturday on Torcastle Way in Kanata. Police say as many as 30 people were involved, ranging in age between 15 and 30 years old.

Two men were sent to hospital with multiple injuries. One of those men may have been shot.

The shooting has left area residents shaken.

"I've been here for some five years and nothing like this has happened since I've been here — not even close to this," resident Paul Bergeron said.

Anyone with information about the incident is asked to contact Ottawa police at 613-236-1222.

CTVOTTAWA.CA

Juno nominees accent 5-day Lebanese fest

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Performances by two Juno Award nominees will highlight the 2008 Lebanese Festival that kicks off at St. Elias Cathedral tomorrow.

Ottawa's Massari and Montreal's Karl Wolf, both of Lebanese descent, are two of the featured performers during the five-day festival to be held near Mooney's Bay.

"Everyone's very excited about it," said event co-chairwoman Yolanda Saghbini. "Massari is from Ottawa and a lot of people knew him when he was growing up."

Musical acts range from traditional performers from Lebanon to modern singers from Montreal, but there's more to the festival than song.

More than 40,000 people are expected to attend the festival over five days for the traditional food, the midway, the arts and crafts and the entertainment.

Returning this year is the Arguily (water pipe) tent, which was popular in past years, as well as a traditional poetry and singing challenge on Thursday and demonstrations by painter Ibrahim Shalaby all weekend.

kickoff

The festival opens at 4 p.m. tomorrow, with opening ceremonies at 7:30 p.m. Performances by Lebanon's Ziad Imaz on the main stage and Adel Kassab in the Arguily tent at 9 p.m. kick off opening night.

Info sought in hit-and-run

TRACEY TONG
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Police still had no suspect yesterday as a 38-year-old man continued to fight for his life following a hit-and-run collision late Sunday night.

Ottawa police said yesterday they are looking for a car described by witnesses as a red Mazda RX8 that struck the man at around 11:16 p.m. as he was crossing Colonel By Drive at Rideau Street.

The man was crossing from east to west when a northbound vehicle struck him. He was taken to hospital with serious, life-threatening injuries.

"Every piece of the puzzle would help at this point."
Det. Ugo Garneau

The suspect vehicle was last seen heading northbound on Sussex Avenue. The vehicle may have sustained damage, said Detective Ugo Garneau.

Garneau said police are not yet releasing the man's name. The man's condition was unchanged yesterday.

"Everything is under investigation," said Garneau. Police are also looking into who had the right of way.

"We've got a few tips, it would be nice if they kept coming in. If you were in the area, please contact us. Every piece of the puzzle would help at this point."

Anyone who has information in relation to this incident is asked to call Ottawa Police's Service Collision Investigation Section at 613-236-1222, ext. 2471.

Children safe after fire breaks out at home daycare

EVACUATION Five children were among those forced out of a Gatineau home after fire broke out at a private daycare yesterday afternoon.

The fire at 64 Radmore Street started at around 2:30 p.m. yesterday and the children, who are between the ages of one and five, were quickly evacuated from the home, said Gatineau Police Constable Isabelle Poirier.

Their parents were notified and the children were taken to another address.

There were no injuries.

Firefighters put out the fire quickly, but the cause of the fire remains under investigation, Poirier said.

TRACEY TONG/METRO OTTAWA

Crash results in attempted murder charge

INVESTIGATION A 31-year-old Smiths Falls man has been charged with attempted murder after a police investigation into a collision in Montague Township two weeks ago.

Police laid the charges against Corey Leafloor after investigating a collision in which he said he swerved to avoid hitting a deer, sending his car into a ditch and subsequently hitting a tree on Roger Stevens Drive on June 28.

Ontario Provincial Police say their investigation revealed Leafloor was allegedly trying to injure a 28-year-old female who was in the vehicle at the time of the crash.

Police say the man allegedly attempted to seriously harm the woman by physically restraining her and purposely driving into the tree. The female received serious but non-life threatening injuries.

Leafloor also faces charges for previous assaults and unlawful confinements in relation to the victim. CTVOTTAWA.CA

Nova Scotia man fighting tobacco display laws
A Nova Scotia store owner is the first person charged under the province's new laws prohibiting the display of cigarettes. The man argues that cigarettes are a legal product in Canada that generate billions of dollars in tax revenue for governments, and he should be able to display his products. METRO CANADA

Canada

"This is very high quality counterfeit, we don't usually see this level of quality."
Calgary Staff Sgt. Cal Wiltshire speaking how police found $100,000 of counterfeit money in a backpack.

funny money
Calgary police discovered a suspicious backpack in an alley and upon opening it found counterfeit American money in stacks of $50 and $100 bills.

Premier pledges protection

Ontario declares its boreal forest land off limits

Premier Dalton McGuinty announced yesterday that Ontario will conserve a huge swath of the province's northern wilderness in a bid to protect the region's vast boreal forest, as well as polar bears and other wildlife, and to help fight climate change.

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Premier Dalton McGuinty announces protection of 225,000 km of the far north boreal region of Ontario to strike a balance between conservation and development.

The plan to protect permanently at least 225,000 square kilometers of the northern forest — an area nearly the size of the United Kingdom — won praise from environmental groups, which said it should serve as an example for other governments.

"We are overjoyed with the announcement," said ForestEthics senior campaigner Gillian McEachern. "This is the largest conservation commitment in Canadian history."

Ontario's boreal region takes up 43 per cent of the province's landmass and its vast forest soaks up about 12.5 million tonnes of carbon dioxide from the atmosphere each year.

The protection of a big swath of it is a key part of the province's plan to fight climate change.

"(Ontario Premier Dalton McGuinty) is providing some direction and some objectives to the process," said Monte Hummel, president emeritus, World Wildlife Fund Canada. "It's an invitation for everybody to come to the table, and in my view that's how things should be solved."

The boreal forests are northern forests that can also be found in Russia and are affected by long winters and are made up mainly of evergreen conifers.

REUTERS

Rock star to marshall Edmonton Indy race

VICTORIA HANDYSIDES
Metro Canada

EDMONTON Taking a break from being the undisputed rock god of all time, Gene Simmons will be stripping off his makeup to welcome Edmontonians to the Rexall Edmonton Indy Car Series.

The event runs from July 24 to 26 and organizers say though he won't be breathing any fire, Simmons is the perfect choice to get the weekend fired up.

"When we were considering options of who to have as a grand marshal, we thought, who better and larger than life than Gene Simmons?" said Northlands spokesman Darren Krill. "You might get some fire-breathing from his comments because he is a lot of fun, but he won't be in makeup spitting blood or anything like that."

While Simmons might seem like an odd fit to kick off the Indy Car Series, Krill said it couldn't be more appropriate for the 35 year rock vet, and that he loves the sound of roaring engines of the fastest cars in the world.

"He has a vested interest in Indy and it's something he loves," said Krill.

Gene Simmons

"He won't be in makeup spitting blood or anything like that."
Organizer, Darren Krill

Gadgets keeping Canadians at work away from office

HOLIDAYS The majority of Canadians say they don't disconnect from the office while on holiday, according to a recent poll.

Fifty-seven percent of people surveyed by job-search website Monster.ca admit to doing some work while on vacation, through e-mail and telephone, while the rest say they completely unplug from job-related responsibilities.

"With the means of BlackBerry and now with the iPhone coming out, people are just accustomed to it," Robert Waghorn, a spokesman for Monster Canada, said yesterday.

17 The percentage of people polled who say they "never really stop working." While 57 per cent admit to working on their vacations.

Along with the latest gadgets making it easier for employees to stay connected to the office, Waghorn said that demanding workplace environments, job cuts and personal expectations also add to the pressure to stay in touch.

REUTERS

Nova Scotia **Protesting alleged racial slurs**

ROBYN YOUNG/METRO CANADA

A Baptist Church in Nova Scotia yesterday led a protest over allegations off-duty police officers started a fight with members of the black community and used racial slurs. The Halifax Regional Police confirmed the officers were present and said they were investigating the incident.

Omar Khadr video released today

GUANTANAMO Foreign affairs official, Jim Gould, who was told Guantanamo detainee Omar Khadr had been subjected to the sleep deprivation "frequent flyer program" says he stands by his decision to visit the Canadian captive and relayed his concerns about the teenager's well-being back to Ottawa.

Omar Khadr

The controversy of over just what Canada knew about Khadr's treatment in Guantanamo is expected to erupt again today with the release of a 2003 interrogation video, which reportedly shows a 16-year-old Khadr crying and begging Gould and an agent with the Canadian Intelligence Security Service to bring him home.

Foreign Affairs officials have said in the past they received assurances from the U.S. that Khadr was being treated humanely.

TORSTAR NEWS SERVICE

News in brief

TOURISM The tourism industry in Ontario said yesterday it is lobbying the federal government to make it easier to hire temporary foreign workers to fill jobs in vacation hot spots. They're arguing that nannies and seasonal farm workers have been coming to Canada under the temporary foreign worker program for decades.

OLYMPICS Foreign Affairs Minister David Emerson will represent Canada and the federal government at next month's grand ceremony that opens the 2008 Beijing Games. A spokesperson for Emerson said yesterday that no meetings are currently planned with Chinese officials to speak about human-rights issues.

METRO NEWS SERVICES

B.C. deports U.S. war resister

JEFF HODSON
Metro Canada

A 25-year-old tank commander who fled to Canada in 2005 to avoid the U.S. invasion of Iraq will become the first-ever war deserter returned home by Canada, following a ruling by a Federal Court judge in Vancouver yesterday.

Robin Long will be deported today after an application to stay his deportation was dismissed by Madame Justice Anne Mactavish.

"This will be the first time Canada has ever played the gendarme for the American military," said Bob Ages, chair of the Vancouver chapter of the War Resisters Support Campaign. Ages said there are at least 50, but possibly hundreds, American deserters living in Canada. Mactavish ruled yesterday that Long failed to provide clear and non-speculative evidence that he would suffer "irreparable harm" if deported.

Longer maternity leave might harm working women
Extending paid maternity leave in Britain to a year from nine months could damage women's careers by unintentionally making women of child-bearing age less attractive to employers, an equalities watchdog said this week. REUTERS

World/Business

Cover art controversy

The New Yorker's attempt at humour creates an uproar

This week's New Yorker magazine pokes fun at smears directed at Barack Obama, but the Democratic presidential candidate isn't laughing.

The cover portrays the Illinois senator in a turban and robe bumping fists with wife Michelle, who sports an Afro, a rifle and military garb. In the background, an American flag burns in the fireplace.

The left-leaning magazine's cover summarizes several smears that have surfaced this year: that Obama is a "secret Muslim" who hates America and his wife harbors a Black Panthers-style enmity toward white society.

Even that fist bump, the modern version of the high five, was described as a "terrorist fist jab" by a Fox News anchor, who later apologized.

The Obama campaign, which has taken aggressive measures to knock down these perceptions, is not amused with the magazine cover.

"But most readers will see it as tasteless and offensive. And we agree."
Bill Burton, Obama spokesman

"The New Yorker may think, as one of their staff explained to us, that their cover is a satirical lampoon of the caricature Senator Obama's right-wing critics have tried to create. But most readers will see it as tasteless and offensive. And we agree," spokesman Bill Burton said in a prepared statement.

Republican candidate John McCain agreed with his rival for the November election.

"I just saw a picture of it on television," McCain told reporters in Phoenix. "I think it's totally inappropriate and frankly, I understand if Senator Obama and his supporters would find it offensive." REUTERS

REUTERS/COURTESY OF NEW YORKER MAGAZINE/HANDOUT

The cover of the July 21, 2008 issue of The New Yorker magazine featuring Barack Obama and his wife Michelle. According to the New Yorker, the cover satirizes the use of scare tactics.

British PM looks to halt knife crime

PUNISHMENT British Prime Minister Gordon Brown said yesterday that people carrying knives would be "caught, prosecuted and punished" as he defended the government's handling of knife crime following a spate of stabbing deaths.

But his message was overshadowed by claims from opposition parties that the government had already backtracked from a "half-baked" policy to force those caught with knives to visit hospitals to see stabbing victims for themselves. REUTERS

Sudan's president charged with genocide in Darfur

WARRANT The International Criminal Court's (ICC) prosecutor charged Sudan's president yesterday with masterminding a campaign of genocide in Darfur, killing 35,000 people and persecuting 2.5 million refugees.

ICC Prosecutor Luis Moreno-Ocampo asked the court for an arrest warrant for President Omar Hassan al-Bashir, the most senior figure pursued by the court since it was set up in 2002.

The Sudanese leader dismissed the charges and said the ICC had no jurisdiction in Sudan.

history
Bashir is the first sitting head of state charged by an international court since Liberia's Charles Taylor and Yugoslavia's Slobodan Milosevic.

"Whoever has visited Darfur, met officials and discovered their ethnicities and tribes ... will know that all of these things are lies," he said.

Sudan will seek support from allies such as China and Russia to get the UN Security Council to block any warrant. REUTERS

News in brief

HONOUR Former hostage Ingrid Betancourt received one of France's top honours yesterday and said those who remained captive in the hands of Colombian rebels were probably getting worse treatment because of her rescue.

PARADE Syrian President Bashar al-Assad was a guest of honour at France's annual Bastille Day military parade yesterday, sparking a small protest.

IRAN President Mahmoud Ahmadinejad hit back at a senior adviser to Iran's top authority who had criticized his "provocative" speeches about the country's nuclear work. REUTERS

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Business

Shell offers to buy Duvernay for $5.9B

ENERGY Royal Dutch Shell has agreed to buy Duvernay Oil Corp. for around $5.9 billion to boost production from prolific unconventional gas holdings.

Shell made a cash offer of $83 a share, 42 per cent above Duvernay's Friday closing price of $58.44. The offer was unanimously accepted by Duvernay's board.

Duvernay has 1,800 sq km of land holdings, mainly in the prized Montney region in the northeast of British Columbia and in Alberta's Deep Basin — areas Shell hopes to add to its portfolio of tight gas interests. Tight gas is gas contained in difficult reservoirs, where extraction was once considered too costly. Duvernay has one of the best holdings of tight gas among mid-sized Canadian companies. REUTERS

Metro offers Workopolis job listings

ONLINE Metro Canada has joined forces with Workopolis to provide online career services through its site *www.metronews.ca* .

The partnership with the online recruiting and job-search provider allows job hunters to view regional and national openings at a single website, while local employers will be able to extend their advertising reach across the country.

"This partnership combines the reach of the leading newspaper brand among adults 18-49 and the leading online job site in Canada," Metro Canada group publisher Bill McDonald said. "And it further extends our focus on improving the experience for all of our stakeholders, making Metro the print and online destination for young Canadians." METRO NEWS SERVICES

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METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Chit-chat the cheaper way

Whether it's dishing about celebrity gossip or dissecting your most recent date, we are all guilty of spending hundreds, even thousands of dollars on phone bills.

Even with major phone companies dropping their rates every year, we still seem to burn through minutes any given month. Well, thanks to modern technology, you might not even have to spend a penny to talk to people across the country.

We wanted to lay out some options you have at your fingertips —literally — on how you can stay in touch and still be a Smart Cookie.

Skype:

For us, this is numero uno. Skype is by far the most popular and widely used VoIP program (for those technically challenged, like we were, that stands for Voice-over-Internet Protocol) with millions of people online at a time! With Skype's free software that works seamlessly with your Internet connection, you can chat away with free Skype-to-Skype calls and never worry about cost, time or distance.

Google Talk:

Of course Google has a VoIP service as well. Used mostly as a chat platform, Google Talk is popular among Google fanatics and those with a Gmail account. Google talk is built into Gmail. This makes it easy to see when another Gmail user on your contact list is online for a quick chat.

Gizmo:

Like Skype, Gizmo also offers free software and free calls to all other Gizmo users. A bonus to this service is the "All Calls Free" plan, which allows Gizmo users to call other Gizmo users' landlines and mobile phones, not just their computers.

Yahoo! Voice:

This is simple and free PC-to-PC calling software like Windows Live Messenger. Similarly, the free calls must be made to other active Yahoo! Voice members. So those of you who are already familiar with the Yahoo! Instant Messenger system should feel right at home with the application.

We love to hear from you: Send comments and questions to the Smart Cookies at *smartcookies@metronews.ca*.

SmartCookies

www.smartcookies.com

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

Money Matters

Columnist

Starting October 15, 2008, home buyers will no longer be able to buy a home with nothing down or take out a government-backed, 40-year mortgage. Ottawa hopes Canada will not follow the real estate meltdown experienced by our southern neighbour. Henry Choo Chong advises a reader about whether to buy a house in his Money Matters column, available online at *metronews.ca*.

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NHL
The Toronto Maple Leafs acquired forward Ryan Hollweg from the New York Rangers yesterday in exchange for a fifth-round draft choice in 2009. Hollweg had four points in 70 games last season. **METRO NEWS SERVICES**

Sports

Nolan out as Isles coach

The New York Islanders have parted company with coach Ted Nolan, left, citing "philosophical differences," the team said in a statement yesterday. Nolan took the Islanders into the playoffs in his first of two seasons in charge but the team disappointed last season and the coach leaves with a year remaining on his contract. Reuters

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

West is clearly best in CFL so far

Clean sweep in Week 3 shows balance of power tipped strongly in one direction

YorkReport

Marty York

marty.york@metronews.ca

Three weeks into its regular season, the CFL has established these two irrefutably pertinent facts: First, West is best. And, second, higher scoring is much less boring.

Unlike the past few seasons, CFL games have been mostly entertaining this season, chiefly because of a scoring increase. The eight teams have produced 633 points combined in the first three weeks of 2008, compared with 578 after three weeks last season.

The difference has been palpable. The theory within the CFL is that redesigned offences are beginning to outsmart defences.

Still, the balance of power remains lopsided. It is clearly tilted in the direction of the Western teams, who punctuated their superiority last week by recording a clean, four-game sweep over their Eastern counterparts.

None of the Western teams is winless this season. In the East, however, only the Montreal Alouettes (2-1) have a winning record. And the Winnipeg Blue Bombers have deteriorated into the Loserpeg Blue Bombers at 0-3. Coach Doug Berry already is in jeopardy of losing his job, largely because his finger-pointing style has alienated several of his players — to the point where they've privately gone to management with complaints.

Berry insists he won't give up on his ways or on his slumping No. 1 quarterback — Kevin Glenn. Not yet, anyway.

At the other end of the spectrum are the undefeated Saskatchewan Roughriders (3-0), and this wasn't supposed to happen. Not with Ken Miller coaching instead of Kent Austin, who abandoned Saskatchewan after last season for an assistant-coaching position in U.S. college football. And not without quarterback Kerry Joseph, who was chosen the CFL's top player last season after leading the Riders to the Grey Cup championship.

Although undefeated, the 'Riders continue to have their detractors, including their former all-star QB and coach.

"Saskatchewan is supposedly the best team in the league," said Ron Lancaster, a radio analyst these days for the Hamilton Tiger-Cats, "but I don't see any difference between them and us."

Lancaster's comment came after the Ticats blew their lead in the dying seconds of a wildly exciting game against Saskatchewan Saturday in Hamilton. The Ticats are 1-2, like the Toronto Argonauts, who are plunging downhill with Joseph as their QB and with Rich Stubler as their coach.

And, if the Argos continue to struggle, don't be surprised if Michael "Pinball" Clemons is persuaded by the club's owners to return as coach and to relinquish his front-office duties temporarily.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

scoring on the rise

In the higher-scoring CFL, only three teams — the Toronto Argonauts, Winnipeg Blue Bombers and B.C. Lions — have scored fewer points in their first three games this season than after their first three in 2007. Here are all eight teams' scoring totals after the first three games in both years:

	2007	2008
Montreal Alouettes	59	90
Hamilton Tiger-Cats	34	70
Toronto Argonauts	100	64
Winnipeg Blue Bombers	86	64
Saskatchewan Roughriders	77	93
Calgary Stampeders	60	82
Edmonton Eskimos	67	94
B.C. Lions	95	76

Sports in brief

BASEBALL Jabe Bergeron hit a double to the left field wall to score Jeremie Milons from first base last night to give the Ottawa Rapidz a dramatic 2-1, 10-inning victory over the visiting Quebec Capitales. The Rapidz host their national rivals in the rubber match tonight at Rapidz Stadium.

MLB Cleveland Indians left-hander Cliff Lee was picked as the American League's starting pitcher, while the Milwaukee Brewers' Ben Sheets was handed National League honours for tonight's All-Star Game, their respective managers announced yesterday.

CYCLING The day after almost crashing out of the Tour de France, Cadel Evans kept his rivals at bay to take command of the race yesterday. The Australian holds a one second lead on Luxemburg's Frank Schleck.

NFL The Washington Redskins agreed to terms with quarterback Colt Brennan yesterday. Brennan was a sixth round pick and the 186th overall selection in the 2008 NFL Draft.

METRO NEWS SERVICES

LOTTERIES

Ontario Pick 3	0 0 3
Ontario Pick 4	2 0 9 1
Encore	3905027
Daily Keno	6, 7, 8, 9, 13, 16, 17, 23, 28, 30, 36, 38, 43, 46, 56, 57, 59, 64, 67, 70.

Results not official

JIM MCISAAC/GETTY IMAGES

Minnesota Twins slugger Justin Morneau bats during the 2008 MLB All-Star Home Run Derby last night at Yankee Stadium. The New Westminster, B.C., native won the title by defeating Texas Rangers star Josh Hamilton 5-3 in the final.

Morneau steals all-star derby title

Canadian slugger Justin Morneau made off with the trophy at the All-Star Home Run Derby last night, but Texas' Josh Hamilton stole the show.

Hamilton set an all-star derby record by belting 28 homers in the first round to win a standing ovation from a crowd of 53,716 at Yankee Stadium.

Hamilton, a centre-fielder for the Rangers, eclipsed the 24 homers slugged by then-Philadelphia Phillies outfielder Bobby Abreu, now with the Yankees, during the first round of the 2005 contest.

The 27-year-old Hamilton, a 1999 top draft pick who overcame drug and alcohol problems to reach the majors last season, cracked 13 homers in 13 successive swings late in his turn and bashed three towering drives measured at more than 500 feet.

Morneau, a native of New Westminster, B.C., hit just eight in the first round and nine in the second round to reach the final.

But Hamilton couldn't keep up his momentum in the final and managed just three home runs to Morneau's five.

METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Boston	57	40	.588	—
Tampa Bay	55	39	.585	½
N.Y. Yankees	50	45	.526	6
Toronto	47	48	.495	9
Baltimore	45	48	.484	10

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	54	40	.574	—
Minnesota	53	42	.558	1½
Detroit	47	47	.500	7
Kansas City	43	53	.448	12
Cleveland	41	53	.436	13

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	57	38	.600	—
Oakland	51	44	.537	6
Texas	50	46	.521	7½
Seattle	37	58	.389	20

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	52	44	.542	—
N.Y. Mets	51	44	.537	½
Florida	50	45	.526	1½
Atlanta	45	50	.474	6½
Washington	36	60	.375	16

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	57	38	.600	—
St. Louis	53	43	.552	4½
Milwaukee	52	43	.547	5
Cincinnati	46	50	.479	11½
Pittsburgh	44	50	.468	12½
Houston	44	51	.463	13

WEST DIVISION

	W	L	PCT	GB
Arizona	47	48	.495	—
L.A. Dodgers	46	49	.484	1
San Francisco	40	55	.421	7
Colorado	39	57	.406	8½
San Diego	37	58	.389	10

LAST NIGHT

All-Star Home Run Derby (Justin Morneau wins 5-3 over Josh Hamilton in final)

TONIGHT 'S GAME

All-Star Game (at New York) National League vs. American League, 8

TOMORROW

No games scheduled

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Kinsler Tex	398	84	134	.337
Morneau Min	365	55	118	.323
Mauer Min	301	58	97	.322
Damon NYY	313	50	100	.319
Bradley Tex	269	55	85	.316
Pedroia Bos	395	67	124	.314
Youkilis Bos	328	56	103	.314
Rodriguez NYY	279	53	87	.312
Hamilton Tex	377	60	117	.310
Grudzielanek KC	288	34	89	.309

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	296	55	112	.378
Pujols StL	282	48	100	.355
Berkman Hou	331	77	115	.347
Holliday Col	305	52	103	.338
Theriot ChiC	342	52	110	.322
Nady Pgh	300	43	95	.317
Guzman Wash	400	54	126	.315
Molina StL	272	21	85	.312
Ramirez Fla	373	80	116	.311
Atkins Col	364	55	112	.308

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	2	1	0	4
Hamilton	1	2	0	2
Toronto	1	2	0	2
Winnipeg	0	3	0	0

WEST DIVISION

	W	L	T	GB
Saskatchewan	3	0	0	6
Edmonton	2	1	0	4
Calgary	2	1	0	4
B.C.	1	2	0	2

WEEK 4

THURSDAY'S GAME

Hamilton at Calgary, 9

FRIDAY'S GAME

Winnipeg at B.C., 10

SATURDAY'S GAME

Montreal at Saskatchewan, 7

SUNDAY'S GAME

Edmonton at Toronto, 4

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S RESULT

OTTAWA 2 Quebec 1

TONIGHT'S GAME

Quebec at **OTTAWA**, 7:05

THURSDAY'S GAME

OTTAWA at Nashua, 7:05

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Security
Chinese police need to improve their methods to make sure security checks for next month's Olympics are "civilized and convenient," the country's top security official was quoted as saying yesterday. REUTERS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Felicien gives up on Games bid

ATHLETICS Perdita Felicien has pulled the plug on her attempted comeback for the 2008 Beijing Olympics.

The 28-year-old Pickering hurdler, who hasn't been able to compete since injuring her foot during training last February, is expected to make the announcement official today.

Felicien had been conditionally named to the Canadian Olympic team for Beijing.

TORSTAR NEWS SERVICE

Tomorrow's lineup

FIELD OF DREAMS For field hockey-playing brothers Anthony and Philip Wright, the Olympics are a family tradition stretching back to 1932. Read tomorrow's Metro for more.

23 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Keeping quiet

Canada's Olympians trying to stay out of debate on human rights in China

MATTHEW WUEST
Metro Canada

If you're waiting for one of Canada's Olympians to take a stand on China's human-rights record, don't hold your breath.

It's not that the Canadian Olympic Committee has issued a gag order, as Britain has done with its athletes. It's just that Canadians are trying to stay focused on the task at hand — representing their country at the Games in Beijing — and getting caught up in politics will only serve as a distraction.

"It's a monumental task to win a medal and it requires everything you've got," Olympic sailor Lisa Ross said. "Mentally, it's such a huge task. Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."

Without a doubt, it's quiet leading up to the Games.

About the only people taking a firm stance on issues in China are former athletes, such as retired figure skater Elvis Stojko, a two-time silver-medallist at the Winter Olympics. He suggested Canada's Olympians consider a boycott of the Games, saying they should think twice before going to Beijing.

Olympic double-medallist Adam van Koeverden responded by saying Stojko wouldn't be so vocal if it was his Olympics, and based on the prevailing silence, he could be right.

"I haven't heard it from anyone attending the Olympics now, and that seems to be kind of the vibe, to me," canoeist and first-time Olympian Andrew Russell said. "All of the athletes who have trained so hard to get to this stage don't want to jeopardize the opportunity to succeed at the Olympics."

The mere mention of human-rights issues in an interview causes Olympians to choose their words carefully. Some fear being misquoted or having words taken out of context, others worry an innocent comment might make national headlines.

"You don't want to have the attention from what you're trying to accomplish shift toward your attitude toward human-rights violations," Russell said. "That's not to say athletes are not concerned and up-to-date on world issues, I just don't know if it's really the best forum for dialog on this sort of thing."

Ross, a Lunenburg, N.S., native who competed in the Athens Olympics four years ago, already spent almost three weeks in June at a training camp at the Olympic sailing site in Qingdao, more than 500 kilometres away from Bejing.

Based on what the 31-year-old has seen so far, she doesn't expect China's social issues to reach a point where they cause unrest for athletes competing at the Games.

"Most of our team feels very comfortable there," Ross said. "The people and the volunteers have always been extremely helpful and welcoming, and we always get the sense they will do anything they can for it to go off without a hitch.

"I have no doubt that it will."

TARA WALTON/TORSTAR NEWS SERVICE
Olympic medallist and champion figure skater Elvis Stojko has suggested Canada's Olympians consider a boycott of the Games.

HU XUEBAI/CHINA FOTOPRESS
Armed police for the Olympic road lanes hold a ceremony in a police station in Beijing last week.

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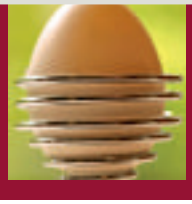
Salt intake
A whopping 77 per cent of the salt we consume comes from processed and restaurant foods, according to Statistics Canada. ALIVE MAGAZINE

Your Health



Satisfying munchies

Snacks high in protein are the way to go for a mid-day boost, says Halifax-based dietitian Pam Lynch. "A hard-boiled egg, cottage cheese with fruit, yogurt and granola are all healthy snack options. Just make sure you're eating the right portion for you." NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Repair, regenerate

Food makes up integral part of body's healing process

BRIAN TOWIE
Metro Canada

While an apple a day won't keep a broken leg away, a balanced diet can help your body repair itself.

Food makes up an integral part of the healing process, rehabilitating torn muscles and restoring energy.

Keep key components in mind on the road to recovery, says Jennifer Gibson, dietician for the Sports Medicine Council of British Columbia and the Vancouver Whitecaps soccer club: Stay hydrated, eat high-quality proteins, don't ignore fruits and vegetables, and ensure you get poly- and monosaturated fats.

You should drink three to four litres of water or diluted juice every day, experts say.

Gibson advises you should drink three to four litres of water or diluted juices a day, depending on your size, in order to flush out the toxins your body accumulates.

"Dehydration interferes with your thought process first, followed by fatigue, dizziness, cramps and possibly collapse," she said.

Also consider the adage of "an ounce of prevention," says registered dietician Beth Mansfield of Ottawa fitness club Peak Performance. Failing to drink water and eat carbs before strenuous activity can ultimately result in injuries.

"What you need to look at is how you get to that point," she said. "Intense muscular movement can lead to pulling and tearing if you don't take significant carbs and you don't hydrate, particularly towards the end of a game."

Next, you'll want to look at high-quality proteins. Nutritionists say you need at least 0.8 g of protein per kilogram of body weight every day just to stay alive, and more to heal. All of these sources contain antibodies and help to rebuild torn and pulled muscles.

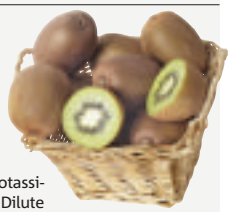
"Essentially, you're breaking off the bonds, the satellite cells, off the protein, and then your body realizes there's a deficiency. Your body asks, 'How do I make that part of me stronger?'" said Jason Kastner, fitness director at the Yorkville Club in Toronto. "When you have energy from carbs, your body is going to work in what's called protein synthesis, when you build back that muscle or torn tissue.

That doesn't mean you can scarf down big, greasy burgers by the dozen, Kastner says. Select your protein from reliable sources such as chicken, fish, lean red meats, eggs, whey protein powder and soy products (veggie ground round and tofu for vegetarians and vegans). For carbohydrates, choose whole grain breads, brown rice, quinoa millet, barley or brown rice.

Vegetables and fruit often and mistakenly go ignored while healing, says Gibson. She advises at least two cups of orange (carrots) and dark green (broccoli or romaine lettuce) vegetables for lunch and dinner, with three to five servings of fruit per day, depending on size. Consider smoothies as a quick, easy answer for your body's need for fruit among other nutrients, says Mansfield.

"Smoothies can be a fabulous way to repair and regenerate," she said. "You can mix berries, which are high in antioxidants, chocolate milk — a mix of protein and carbohydrates — and yogurts high in Omega-3 fatty acids. They help with circulation, and your body can't reproduce them. They have to be obtained from food."

what to eat while nursing an injury



- Kiwi fruits, strawberries, and blackberries are good sources of vitamin C, essential for healing wounds.
- Almonds provide vitamin E, important in preventing scar tissue.
- Honey is an effective antiseptic and wound healer.
- Red grapes are high sources of potassium and the antioxidant quercetin. Dilute the grape juice with water to prevent cramps and dehydration.

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A balanced diet can help your body repair itself, experts say.

foods to avoid

- Deep-fried foods such as french fries contain inflammatory Omega-6 fats.
- Cured hams, bacon, sausages and meat pies are salty and can cause cramps.
- Cookies and cakes are sources of sugar and fat, which displace other nutrients in high volumes.

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Healthy dining possible

Alive

Do certain stimuli make you reach for food, even though you might not be hungry at the time? Do you eat as an emotional response? What triggers this reaction?

Here are some healthy suggestions to help you create an effective nutritional lifestyle.

Eat whole foods

Pay attention to where your calories come from and not just how many you are consuming. Foods that are high in refined sugars, including many packaged and refined foods, cause our blood sugar levels to rise and fall abruptly. Rapidly dropping blood sugar levels create cravings for the same foods to bring these levels back up.

Whole foods are foods in their natural state (nothing added, nothing removed) that supply complex carbohydrates, help regulate our blood sugar levels, and reduce those cravings. A balanced diet should include a variety of whole foods.

We are most active during the day, so make breakfast and lunch hearty, protein-based meals; focus dinner selections on complex carbohydrates to lessen the digestive load while sleeping.

Eat a mid-morning and mid-afternoon snack to keep the metabolism active. Raw vegetable sticks and unsalted raw nuts and seeds make great snack choices as they are rich in vitamins, minerals, and beneficial enzymes.

Fresh fruit, half an avocado, low-fat yogurt or kefir, and salsa and organic corn chips are also satisfying choices. Remember, no snacks after dinner. The body needs to spend its energy on rest and repair, not digestion.

Dining out

Most restaurant kitchens are happy to please, so don't be afraid to request substitutions; it's your food dollar and they all compete for it.

Ask for extra vegetables, or to hold the salad dressing, or for olive oil and vinegar or a wedge of lemon instead. Order your fish or chicken grilled, baked, or steamed.

Introduce variety into your diet by exploring different ethnic cuisines, spices, and condiments. For example, one teaspoon of balsamic vinegar has only five calories, but the flavour it imparts is without measure!

If you're trying to have a nutritional lifestyle, you should avoid snacks after dinner.

alive is Canada's award-winning natural health and wellness magazine; alive.com.

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Sunshine vitamin: A life saver

Recommended sun exposure depends on skin colour, experts say

CELIA MILNE
for Metro Canada

If you get a lot of vitamin D, chances are you will live longer than those who don't get enough.

A new study conducted in Austria found that people with a deficiency in vitamin D die sooner — from many different causes — than those who have plenty of the so-called sunshine vitamin.

Researchers divided 3,200 people who were enrolled in the study, into four groups. The quarter with the lowest levels of vitamin D in their blood were more likely to have died during the length of the study (eight years). The results were published in the Archives of Internal Medicine.

This finding adds to the exploding body of evidence that vitamin D promotes good health. Previous studies have implicated vitamin D deficiency in cancer, peripheral artery disease, tuberculosis and multiple sclerosis. Lack of vitamin D can increase an adult's likelihood of developing osteoporosis and a child's likelihood of developing rickets.

Does this mean we should all race outdoors to spend time in the sun? How much vitamin D you get from the sun depends on your skin colour.

"White people should get between five and 15 minutes in the sun daily between 11 a.m. and 1 p.m. without sunscreen," recommends Dr. Cedric Garland, a prominent vitamin D researcher at the University of California San Diego. "People of colour will need twice as much."

People with dark skin colour have a decreased ability to make vitamin D when exposed to the sun, and therefore need to spend longer in the sun to receive the positive health effects. People with light-coloured skin create more vitamin D in their bloodstream when exposed to the sun, but are more susceptible to skin cancer.

The Canadian Dermatology Association warns that there were an estimated 4,500 cases of melanoma and 68,000 cases of non-melanoma skin cancers in Canada in 2006.

Caucasians should get between five and 15 minutes in the sun daily between 11 a.m. and 1 p.m. without sunscreen, while people of colour are recommended to get twice as much.

Other sources of vitamin D are milk (which is fortified with vitamin D), egg yolks, fatty fish such as salmon, and supplements. The Canadian Cancer Society recommends that adults take 1,000 I.U. of vitamin D daily. Ask your doctor if you should be taking a vitamin D supplement.

Botox shots may help migraines

DRUGS Injections of botulinum toxin — known as Botox — may help prevent migraines in people who suffer frequent migraine attacks that are poorly controlled with oral prevention therapies, research hints. In a study lasting six months, Drs. Roger Cady and Curtis Schreiber of the Headache Care Center in Springfield, Missouri evaluated the efficacy and safety of a single series of Botox injections, versus placebo shots. **REUTERS**

Ward off diabetes with vegetables

NUTRITION Women wanting to ward off type 2 diabetes should load their plates with green leafy vegetables and whole fruits, but perhaps stay away from fruit juice, new research suggests. Eating an additional three servings of whole fruit daily, or one more serving of spinach or similar leafy green vegetable was tied to a lower risk of developing diabetes over an 18-year period among 71,346 women. **REUTERS**

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Did you know that the **number one cause of tooth loss** in adults over the age of 30 is **periodontal disease?** You might have noticed we have discussed periodontal disease in a number of our recent columns. The reason is simple: our goal is to make sure you keep your teeth as long as possible. And if periodontal disease is a primary cause of tooth loss, we want you to be informed on how to prevent it.

You should also know that periodontal disease poses other health risks. **Periodontal disease results from bacteria build-up below the gum line. Bacteria can cause infections** and infections can travel throughout the entire body, sometimes causing an assortment of other health issues.

That is why we are so excited about a **new technological development** in the fight against periodontal disease. That technology is called **Periowave.**

Periowave provides a quick and **effective treatment.** It involves **two simple steps.** In the first step, a **photosensitizing solution** is applied just below the gum line. The solution attaches to the harmful bacteria.

For the second step, a **non-thermal laser light** is placed into the area filled with the solution. A quick, **60 second blast** is all it takes to kill the harmful bacteria.

Healthy Habits Lead to Healthy Lives
Dr. George Parry
Dental Surgeon

Traditional treatment for periodontal disease has usually included such options as antibiotics or surgery. These are still viable options. However, like you, we prefer to resort to surgery only when necessary. And as for antibiotics, the less we use them, the less likely we are to build up an immunity to them.

That is why **Periowave** is such a wonderful treatment option. **Periowave is quick, painless and, most importantly, effective!** You might feel a cool sensation from the liquid solution and some tingling from the laser. But that will be it! There is no pain during treatment! No recovery period is required.

Quite simply, **Periowave provides a non-invasive, non-surgical and non-drug option to treat periodontal disease!**

So if you notice such signs as persistent bad breath, gums that bleed as you brush or gums that appear swollen, talk to your dentist. You may have periodontal disease. When you discuss treatment options, **ask if Periowave might be right for you.**

In the meantime, keep in mind that **regular visits to your dentist can be the best defence** against the development of periodontal disease. Just because you may not be experiencing any of the symptoms we discussed does not mean you don't need to visit a dentist. The problems may be there, but you just may not be aware of them yet.

So keep in mind, treating periodontal disease is a healthy habit…and healthy habits lead to healthy lives.

Setting goals, ambitions, no matter how unrealistic

HineSight
Anne Hines

A terrible thing happened to my friend Rob. He hit a good golf shot.

Rob loves golf. He watches it, reads about it, gives advice on how to play it and, once a year, he even gets out to try a round.

Rob is a very consistent golfer. Every shot goes into a flowerbed, over a ravine or out into the parking lot, where it lodges itself in someone's windshield wiper. Rob stomps, swears, says he's putting his clubs on EBay and that other golfers and their vehicles are safe for another 12 months.

Yesterday, however, Rob's ball soared, arced, landed with a perfect bounce, rolling to a mere three feet from the hole where Rob tapped it in with only four tries. The result was obvious. Rob's now convinced he should become a pro golfer.

I'm all for having dreams and goals. My own goal is usually "to make it through the day." When I set the bar higher it's "to make it through the day, sane." I have a fitness, power-walking goal that is, "to get through my route that involves passing two Tim Hortons and a Starbucks without consuming more calories than I burn."

Rob dreams bigger. He thinks he might open a winery in his backyard, even though the growing season where he lives is six and a half minutes. He planned to audition for Canadian Idol. Apparently "able to carry a tune" is just a guideline. And, he's thought of opening an addiction counselling service for men who buy tools they don't actually know the use of. Actually, that one might work.

Some experts insist that men are bigger risk takers than women. I don't buy it. If there weren't women prepared to take major risks, my younger brother, David, would never have got a date. Women boldly buy the latest clothing styles regardless of the fact that they may be out of fashion before we get them home. We're prepared to get yet another spray tan in spite of what happened the last four times.

I'm all for having dreams and goals. My own goal is usually "to make it through the day." When I set the bar higher it's "to make it through the day, sane."
Anne Hines

I know I'll keep believing life can be peaceful, even if most days I don't quite achieve it. And, if Rob never takes on Tiger Woods, at least he's had a few happy moments imagining it could happen. Because when it comes to goals and ambitions, what matters isn't how big or small we dream. Just that we do.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Iron Man Wheels
A Robert Downey Jr. is cruising around Hollywood in a new $200,000 US Bentley — a gift to him from movie bosses because of the success of Iron Man. The movie has earned more than $500 million worldwide. IMDB.COM

Entertainment

Number game
Kate Hudson has beaten out Sienna Miller and Anne Hathaway for the role of Stephanie in Nine, the movie version of the Broadway musical, starring Daniel Day-Lewis. PAGESIX.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

First lady of French pop

Carla Bruni takes on critics as she braces for reaction to new album

AURÉLIE SARROT
Metro World News

Take your best shot: criticize her music and lyrics, but don't criticize France's first lady, Carla Bruni, as someone manipulated by the presidency.

Bruni croons about drugs and lovers on her new album, her third, Comme si de rien n'était (As If Nothing Happened), despite being married to one of the world's most powerful men, Nicolas Sarkozy.

"There is no censorship in France. We live in a very democratic country," the former model said in her Parisian home. "The presidency does not intervene in my artistic life or in my media life. Every time I communicate, like I did after the wedding, I'm absolutely free. I think it's a little misogynistic to think that I'm manipulated by the presidency."

Bruni finds what media targets for criticism a bit strange.

"That said, I don't care about being attacked for my music or my lyrics. I find it quite natural," said Bruni, whose album is in stores today. "But being attacked because I'm in love with my husband, I find that a little strange."

Listeners shouldn't expect a lot of revelations about her married life on her album — she's still a newlywed, after all, having said "I do" on Feb. 2 — and many of the songs were written before her marriage, Bruni said, like the first one, Ma jeunesse (My Youth).

"I refuse to grow old," she said. "It's something that worries me a little. It's the fact that I can't fight it that bothers me. That's why I play a lot of sports. But in the end, time will win the battle, you know."

Carla Bruni GETTY FILE

For now, Bruni is pretty much staying put, except for a vacation in the Lavandou region of France next month, choosing to promote her album via television appearances.

"I can't play live as long as my husband is president," Bruni explained. "Touring would involve too many security issues since I'm the first lady."

Away from the spotlight, Bruni shares musical tastes with her husband."When I play him music he doesn't know, it's mostly English-speaking singers. Songs by Bob Dylan, Leonard Cohen, the Beatles are amazing to discover a new language."

While she's tried to put to rest rumours that she's pregnant — "If I have a little belly, it's because I drink a beer, once in a while" — Bruni admitted, "I would love to be pregnant, but I'm not. And if I was, I would have stopped smoking."

Canadian Idol's 10 best

SANDY CAETANO
sandy.caetano@metronews.ca

Making it to the Top 10 of Canadian Idol is an accomplishment for contestants, but as the excitement increases, so does the pressure.

In the wake of watching people who have become friends be eliminated from the singing competition, those remaining are dealing with the pressure of moving forward.

"The vibe has definitely shifted as we move towards getting settled (in the competition), in that this really is a contest and people are kind of dropping like flies," says Toronto's Sebastian Pigott, 25.

Mitch MacDonald, 22, from Port Hood, N.S., agrees. "We're all a bit nervous about who's going to go home because the competition is tight, and you really just don't know who's going to be here at this stage," he says.

On the other hand, there is a combination of mixed emotions amongst the finalists.

"It's super busy, you really feel what it's like to constantly be performing … (you're) just constantly thinking about the next performance, but it's well worth it for sure," says 23-year-old Earl Stevenson, from Lloydminster, Alta.

"I think everyone just tries to not think about (elimination night) and to just have a good time while we're here, and focus on the music," says Toronto's Mookie Morris, 18.

But finding out they made it to the Top 10 left some like Drew Wright at a loss for words."It was a great feeling, it was kind of indescribable really, it's amazing," says Wright, 28 from Collingwood, Ont. "It's really nice to know you have that support.

"It's good to know that Canada has faith in me … "I'm from such a small town, so I'm not used to just getting this type of exposure," says Theo Tams, 22, Lethbridge, Alta. "That's what it's all about for me at this point, is just having people see me and seeing what I can do."

Hamilton, Ont.'s Adam Castelli, 26, says he was preparing for the worst—either way he would be proud of how far he had made it."There was a lot of surprises that night and throughout this whole thing," he says. "There's just no way you can control this, you perform as great as you wanted and that still might not be enough."

No matter what happens, Canadian Idol opens many doors so it's what you do with those opportunities that makes the difference."Of course I want to pursue music," says Mark Day, 20, of Portugal Cove-St. Philips, N.L. "If I am the one voted out this week I just have to keep shooting for what I want, but hopefully I don't have to worry about that this week."

The Canadian Idol Top 10 pose for a photo. Back Row: Theo Tams, from left, Mark Day, Sebastian Pigott, Katherine St. Laurent, Earl Stevenson, Adam Castelli. Middle Row: Amberly Thiessen, from left, Mitch MacDonald, Mookie Morris. Front Row: Drew Wright.

This year's Top 10 round is made up of two women and eight men, and for Amberly Thiessen and Katherine St-Laurent it's been nothing but enjoyable. "It's interesting, I'm actually enjoying it, I think it's kind of fun … everyone here is very talented," says Thiessen, 19, from Seven Persons, Alta.

"It's been exciting, it's been something new every week, I've been performing every week trying to do my best and we're all having fun and I think that's the most important thing," adds St-Laurent, 17, of Otterburn Park, Que.

lawsuit

Carteris sues over choking scene

Carteris

PEOPLE Former Beverly Hills 90210 star Gabrielle Carteris has filed a lawsuit in B.C. Supreme Court alleging a choking scene she filmed in Langley turned too real.

Carteris, who played Andrea Zuckerman on the show, said injuries she suffered on the set of the 2006 made-for-TV film, Past Tense, left her with debilitating facial spasms.

According to *msnbc.com*, Carteris is suing producers for placing her in "unreasonable risk of physical harm" and not properly coaching actor Adrian Hughes, who was scripted to choke her at knifepoint.

METRO CANADA

celebrity

Brother backs Madge marriage

Madonna

PEOPLE Madonna's brother has said his sister would work hard to maintain her marriage to film director Guy Ritchie, BBC News Online reports.

Christopher Ciccone, who has written a book about the pop star, made the comments on US TV network ABC.

"She's not the type of person just to walk away," he said, referring to reports that the couple's eight-year relationship was on the rocks.

Ciccone also said he "doubted" reports Madonna was dating baseball player Alex Rodriguez.

METRO NEWS SERVICES

Tell-all? Raquel Welch is set to reveal all about her life in a new memoir, tentatively titled Secrets Of Timeless Appeal. Sources say the book will lift the lid on her relationships with actors Warren Beatty, Sean Connery and Richard Burton, and rocker Alice Cooper. **IMDB.COM**

ABC, FX tops with gay rights groups

ABC and U.S. cable channel FX have been ranked the most gay-friendly networks by a gay-rights group.

At the other end of the scale, NBC, Fox, A&E, Spike, TBS, USA Network and TNT all received fail grades from the Gay & Lesbian Alliance Against Defamation (GLAAD).

The second annual GLAAD Network Responsibility Index examined 4,911 hours of primetime programming on the several major networks. The index sought to gauge the quantity, quality and diversity of images of lesbian, gay, bisexual and transgender people on television.

Eight of the networks were given passing grades.

ABC — led by Brothers & Sisters, Desperate Housewives and Ugly Betty — was given a grade of "good" with the highest score among broadcasters. The report said 24% of ABC's programming hours was considered inclusive.

The report praised Brothers & Sisters in particular for portraying the first gay marriage on television. CBS was rated "adequate" (9%), while NBC (6%) and Fox (4%) were both labeled "failing," with their scores decreasing slightly this year.

Among the cable networks evaluated, FX (45%) came out on top, mainly thanks to Nip/Tuck.

None of the evaluated networks earned the survey's top ranking of "excellent."

The report also noted that most of the hours that counted for networks were thanks to portraying gay men. **REUTERS**

Emmy nominations coming Thursday

Every year, critics bemoan the fact that the best examples of quality television are trampled beneath the boots of shows watched by the masses. It's an annual struggle of highbrow expectations versus perceived lowbrow mass media, with the winners determined in just one night — during the Primetime Emmy Awards on Sept. 21. Nominations will be announced on Thursday.

But this year, critics are optimistic, noting that the Hollywood writers strike sidelined many series and gave some lesser-watched programming a wider audience. The Hollywood Reporter tracked down TV critics for a sampling of their Emmy prognostications.

ED BARK, WRITER, UNCLEBARKY.COM

Drama series picks: Pushing Daisies and Lost (ABC), Friday Night Lights (NBC).

"Among the new series, Pushing Daisies, if it's entered as a drama, will likely get nominated. Hopefully, the beneficiary of this lacklustre year will be Lost, which has really been overlooked by the academy. Friday Night Lights absolutely, positively should be nominated. There is long-overdue recognition for that series."

Canadian actor Clark Johnson.

RICK KUSHMAN, THE SACRAMENTO BEE

Comedy series picks: The Office and 30 Rock (NBC), Breaking Bad (AMC), Curb Your Enthusiasm (HBO), Two And A Half Men (CBS), Weeds (Showtime).

"Comedy is tougher because this is the era of great dramas, and comedies are iffy. The two obvious choices are 30 Rock and The Office. Curb Your Enthusiasm is always a contender for all kinds of reasons. Two And A Half Men is probably going to get nominated. It is a big, broad comedy, which is the kind of thing the academy seems to respond to."

DAVE WALKER, NEW ORLEANS TIMES-PICAYUNE

Lead drama series actor picks: Jon Hamm (Mad Men, AMC), Clark Johnson (The Wire, HBO).

"Jon Hamm gave a very consistent performance in Mad Men and delivered just some incredible moments in that show. The whole show was able to access a moment in time so accurately and with incredible fidelity, and I think his performance had an awful lot to do with that. The actors on The Wire are a little trickier because it is such an ensemble. I would love it if Clark Johnson got two nominations for his role as the city editor; he just occupied that guy so fully." **REUTERS**

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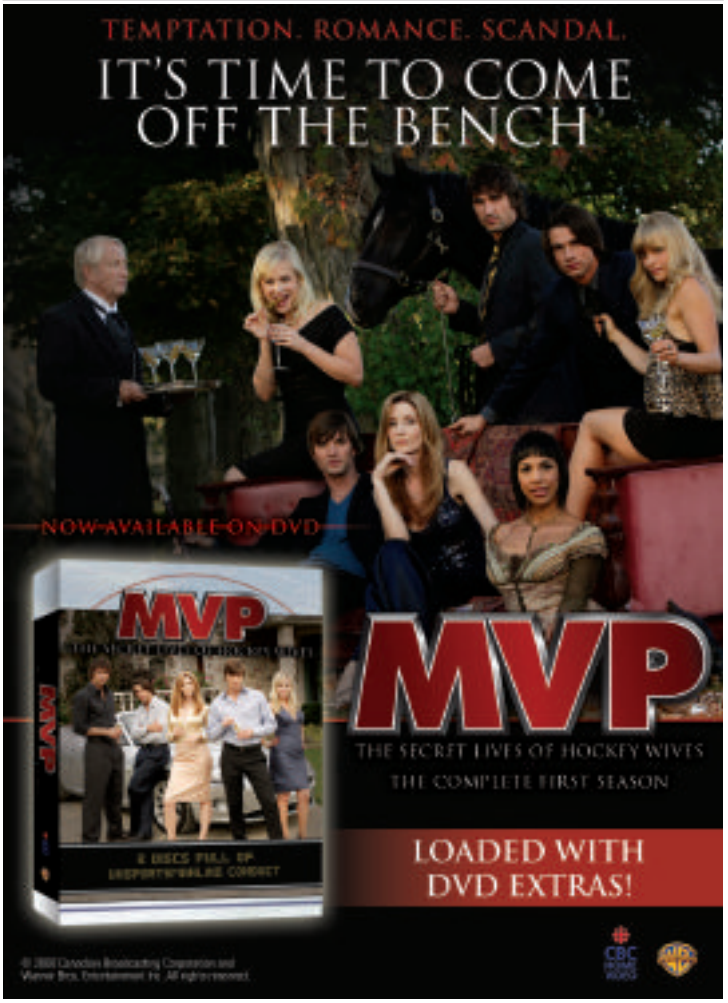
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Casting couch
NBC's Chuck has recruited actress Jordana Brewster, right, to play a love interest for Zachary Levi, executive producer Josh Schwartz has confirmed. EW.COM

Ed fights for affordable housing

PEOPLE Hollywood star Edward Norton is leading a campaign to create more affordable housing in his New York neighbourhood, according to imdb.com. The million-aire Fight Club star is appearing in TV and radio advertisements asking residents of the city to welcome new developments in their areas. Norton, who lives in Manhattan's Greenwich Village, has long been associated with the Enterprise Community Partners, founded by his grandfather.

ALBERTO E. RODRIGUEZ/GETTY
Ed Norton

METRO NEWS SERVICES

Vivica defends Jessica Simpson

PEOPLE Actress Vivica A. Fox has defended her friend Jessica Simpson after Pamela Anderson insulted her on a radio show, according to imdb.com. Anderson branded Simpson a "bitch and a whore" after the actress wore a t-shirt promoting meat.

GETTY IMAGES FOR HAUTE LOOK
Vivica A. Fox

But the former Baywatch actress later insisted her comments, made on an Australian radio show, were meant in jest. However, Fox defended Simpson's love of meat in footage posted on celebrity website TMZ.com. She says, "Jessica eats real meat. Pam I love you, but don't go talking about my girl. She is the baddest blonde bitch on the planet."

METRO NEWS SERVICES

Helms lands lead role in features

FILM Ed Helms of The Office fame and Bradley Cooper are headed for a Hangover. They are in final negotiations to star in director Todd Phillips bachelor-party comedy, about three friends who lose the groom at their Vegas fandango two days before the wedding. The third lead role has yet to be cast for the Warner Bros. film.

The project marks Helms' first lead feature role to date. The Daily Show and Office veteran is currently in theaters with the Eddie Murphy bomb Meet Dave.

REUTERS

A love built on public insults

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

FREDERICK M. BROWN/GETTY IMAGES
Comedian Sarah Silverman and TV host Jimmy Kimmel attend an event in North Hollywood in April. The pair have reportedly split.

Kimmel and Silverman proved a loving couple can rip on each other, belittle each other's primary and secondary sexual characteristics ... and still flame out like a couple of kids breaking up at the end of summer vacation.

Splitsville: Jimmy Kimmel and Sarah Silverman have broken up, according to a story on Vanity Fair's celebrity blog, with confirmation from their respective representatives, adding that "Jimmy and Sarah have and will have no further comment."

OK, so it's not like we all didn't think Kimmel was batting well out of his league with Silverman, for whom he left his wife of 14 years almost six years ago, after meeting Silverman at a Hugh Hefner roast at which she said Kimmel was "fat and has no charisma." When you build your love on that kind of feeling, how can you go wrong?

In the end, Kimmel and Silverman have proved that a loving couple can rip on each other, belittle each other's primary and secondary sexual characteristics, and produce competing videos trumpeting fictional but still unsavoury affairs in the service of a fake celebrity rivalry that go viral internationally and, well, still flame out like a couple of kids breaking up at the end of summer vacation.

Really big: Six years ago, reality television was supposed to have reached a zenith with the announcement that 49 new reality shows would be hitting the air. This year, according to a Washington Post story, 172 new reality shows will debut, 32 alone on regular broadcast networks and a whopping 140 on various cable channels.

"Reality is no longer alternative programming. In fact, it is the cornerstone of modern television, like it or not," said David Lyle, head of Fox reality programming at a Friday session of the summer TV press tour. The Post's TV critic, Lisa de Moraes, makes her feelings clear by adding "or not" at the end of this brief item, and her readers generally respond in kind, bemoaning the dumbing down of America and adding that it's "all dreck, even Public Television for the most part." (Obviously Post readers have never had to suffer through the vast blaring weirdness of Japanese TV programming, or what passes for adult variety shows in Italy or Spain.)

One reader, however, responds with a more farsighted perspective. "Longing for the great comedy of Three's Company? I Love Lucy? There's plenty of intelligent TV airing ... you just have to be intelligent to find it," writes Dan.

It's fun and even fashionable — still, after all these years — to moan about reality TV as if it's a full-colour digital lobotomy beaming straight into your living room.

The fact is that the genre is polymorphous, absorbing the DNA of game shows, sitcoms, variety programs, documentaries, cooking shows and news programming, and has spread like kudzu or zebra mussels mostly to fill the endless empty hours created by new cable channels and failing old school program genres.

And besides, the people making the most appalled attitudes about reality TV are very likely hiding TiVo caches of Tila Tequila and Survivor.

Rick McGinnis writes about music, movies, books and television, but not opera.

primetime 7/15/08

Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Into the Wild	Into the Wild	The Best of The Agenda		The Amazing Mrs. Pritchard		Design e2	Design e2	Best-Agenda
211	331	3	GTV	ET Canada	Entertainment	Wipeout (N)		Big Brother 10 (N)		In Plain Sight (N)		News (N)
-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Ontario
209	342	6	CHRO	Wheel-Fortune	Degrassi: Next	Celebrity Family Feud		America's Got Talent (N)		(10:01) Without a Trace		News (N)
196	311	7	CTV	eTalk	Jeopardy! (N)	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Law & Order: SVU		News (N)
208	303	8	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 2"		CBC News: The National		The Hour
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Celebrity Family Feud		America's Got Talent (N)		Law & Order: SVU		News (N)
117	713	10	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Juste pour rire	Sucré-salé
-	-	11	QS	Ste-Madeleine	Chemin du golf	L'Enragé ★★ (1993, Action) Michael Douglas, Robert Duvall.				Cent dix pour cent (SC)		Journal du soir
137	763	12	TFO	Panorama été	Les Éclaireurs	Tournants de l'histoire		Merci pour le chocolat ★★★ (2000, Suspense)				Super plantes
-	362	13	CBS	Dr. Phil		NCIS "Skeletons"		Big Brother 10 (N)		Without a Trace (HDTV)		Two/Half Men
216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
214	344	15	CITY	Friends	Hollywood	Hell's Kitchen (N)		Japanese Game Show		Reaper "Pilot"		News (N)
115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
218	345	18	CH	The Insider (N)	E! News	Real Housewives		Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
-	361	20	ABC	News (N)	Entertainment	Wipeout (N)		Japanese Game Show		Primetime: Family Secrets (N)		News (N)
512	396	24	CPAC	Tête-à-tête	Beyond Poli	À la une		Dossier public				À la une
651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street (N)		Life Today	This Is Day	John Hagee
-	365	36	FOX	MLB All-Star Red Carpet		MLB Baseball All-Star Game. (HDTV) From Yankee Stadium in the Bronx, N.Y. (Live)						News
-	-	64	PBS	Business Rpt.	Beijing-Ready	Nova (HDTV) (DVS)		Wide Angle (HDTV) (N)		P.O.V. (N)		Tavis Smiley
205	312	104	CTV	Hollywood	eTalk	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Law & Order: SVU		News (N)
502	390	26	NW	News (N)	Mansbridge	The Hour		CBC News: The National		Tailor Made		National
500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
406	417	27	net	Sportsnet Con.	MLB Connect	MLB Baseball All-Star Game. From Yankee Stadium in the Bronx, N.Y. (Live)						
126	730	28	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
400	280	30	TSN	Billiards 2007 Mosconi Cup.		PartyPoker.net Women's World Open				SportsCentre (HDTV) (Live)		
410	403	52	SCR	Stump-Schwab	Stump-Schwab	EPL Retro		Football Factories		Score Update		Stump-Schwab
411	457	56	OLN	Departures		Cycling Tour de France Rest Day -- Pau. (N)					Mantracker	Adventures
417	406	59	SC	Pinks (HDTV)	Pass Time (N)	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
554	544	48	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Batman ★★★ (1989, Action)		
557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
570	580	29	MM	mmmtop	Uncovered	Listed		Story Of "Motley Crue"		Hogan Knows	Hogan Knows	Listed
615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV) (N)		The First 48 (HDTV) (N)		The Cleaner "Pilot" (N)		The Cleaner
628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY
521	560	34	TLC	What Not to Wear		Say Yes-Dress	Reception	Must Love Kids (N)		Ashley Paige	Ashley Paige	Say Yes-Dress
145	761	35	TV5	Toute une histoire		Les Héros de la nature		La Prophétie d'Avignon		Loin des favelas		Journal TV5
616	521	39	SHO	ReGenesis (HDTV)		Blue Murder "Heroes"		Trailer Park	Kenny-Spenny	CSI: NY "Heart of Glass"		House
620	523	40	BVO	Bazart	Bravo!Videos	Ronnie Hawkins-Birthday		Bravonews	Side-Dick Dale	Live at the Rehearsal Hall		Law & Order
520	505	42	DIS	India Unleashed		How It's Made	How It's Made	Smash Lab		Deadliest Catch (N)		India
575	583	43	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
601	562	45	SLC	End of Leash	Til Debt-Part	Nearly Dead	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Nearly Dead
625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
294	529	47	TBS	Family Guy	Family Guy	Guess Who ★★ (2005, Comedy) Bernie Mac.				Frasier	Frasier	Seinfeld
600	564	49	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
581	566	53	MTV	MTV e2	Cribs	4REAL	Next	Top Ten Gentlemen's Club		From G's to Gents (N)		MTV Live
618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
522	506	55	HIS	NCIS		UFOs: The Secret History UFO phenomenon.				NCIS		Crime Stories
129	773	60	CD	Matte		Pris au piège (HDTV)		National Geographic		Autopsie		Vidéo
261	394	61	V	Murder, She Wrote		Eyes Down (N)	On the Buses	Quantum Leap		Jozi-H (DVS)		Mysterious Wy
602	567	62	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
269	350	70	APTN	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	Tricksters		Suaangan
621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Girls Gone Good		The Tonight Show-Jay Leno		eTalk
603	561	95	FN	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Film Food"		Restaurant

news

sports

family

cable variety

critics' corner

The Cleaner
No, this isn't about a maid ... or a vigilante. William Banks (Benjamin Bratt), the "Cleaner" of this new drama series' title, is an "extreme interventionist," a recovering addict who now devotes his life to helping other people kick their addictions. His team includes the jovial Darnell (Kevin Michael Richardson), fiercely independent Akani (Grace Park) and quirky Arnie (Esteban Powell). Amy Price-Francis also stars. 10 PM on 31 A&E

MLB Baseball
The old ballpark in the Bronx has seen its share of great players during its 85-year life, so it's fitting that during its final season Yankee Stadium hosts one last parade of stars. Among them at the 79th Midsummer Classic will be current Yankee faves Derek Jeter and Alex Rodriquez, as well as Boston's Manny Ramirez, Houston's Lance Berkman and Atlanta's Chipper Jones. This is the fourth All-Star Game at Yankee Stadium, following the 1939, '60 and '77 events. 8 PM on 36 FOX

Relationships Singer Kylie Minogue, left, has shot down rumours she's back together with actor Olivier Martinez. "It's only natural that we would see each other. It's about friendship," she said. THE DAILY MIRROR

Celebrity Buzz

Kidman, Urban reject money for baby photos

BABY NEWS Nicole Kidman and Keith Urban have reportedly rejected several multi-million dollar offers to publish the first pictures of their newborn daughter Sunday Rose, imdb.com reports.

The actress and her singer husband are undecided whether to release a photograph of the infant, but if they do it will be for free, reports Australian newspaper The Sydney Morning Herald.

"They don't think it's appropriate to make deals," a source tells the publication. "They are still deciding how they feel about (it) — if and when they will release a photo at all. But they realize there is enormous interest from the public and they are grateful and appreciative of that."

Kidman gave birth in Nashville, Tenn., on July 7. She is Kidman's first biological child. She adopted 15-year-old Isabella and Connor, 13, during her marriage to actor Tom Cruise.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Campbell refutes being 'bad'

IMAGE Naomi Campbell has slammed the media for continually portraying her in a negative way, insisting she isn't a "bad person," imdb.com reports.

The supermodel was recently fined and sentenced to 200 hours' community service after a scrap with two police officers onboard a British Airways flight at London's Heathrow Airport in April.

The incident was the latest in a long line of incidents involving the 38-year-old. She completed community service in New York last year after she was found guilty of assaulting a staff member.

But Campbell is eager for the public to focus on her more positive qualities.

"I'm not a bad person," she says. "When people say all these negative things about me, I ignore them. Let them be negative — but do that away from me. It hurts but I know there is much more good in the world.

"I'm blessed to be able to do charitable work and good things but no one focuses on that because I don't throw it in people's faces. That's why they focus on the negatives."

METRO NEWS SERVICES

Lopez training for triathlon

GOAL Jennifer Lopez is training furiously to be fit enough to take part in a triathlon, just eight months after giving birth to twins, femalefirst.co.uk reports. The singer-actress' husband, Marc Anthony reveals Lopez is on a tough training schedule. But he confesses he is not working up a sweat with Lopez.

METRO NEWS SERVICES

celebrity brief

Miller fuels talk of affair with married man

RELATIONSHIPS Sienna Miller has fuelled rumours she is having an affair with married actor Balthazar Getty, after they were photographed together in a topless clinch, femalefirst.co.uk reports.

The pair were snapped frolicking on a yacht off Italy's Amalfi coast recently, just days after Getty denied being romantically involved with the actress. Miller is pictured embracing Getty wearing only skimpy bikini bottoms.

"Sienna is totally besotted with Balthazar," a source tells British newspaper the Daily Mirror. "Their relationship has gone from strength to strength over the past month and Sienna finds him utterly irresistible. Balthazar arranged the trip to one of the most beautiful and exclusive parts of the Mediterranean."

The sunshine break comes less than six weeks after Miller split from actor Rhys Ifans.

Getty, from Los Angeles, is married to Rosetta Millington and the couple has four children.

METRO NEWS SERVICES

Zeta-Jones not a fan of Los Angeles

PEOPLE Catherine Zeta-Jones hates Los Angeles, femalefirst.co.uk reports. The 38-year-old actress — who has two children with husband Michael Douglas - has various properties worldwide, but could never live in the U.S. city.

"I hate Los Angeles with a passion. I felt that way even when I was single and knocking on doors trying to get a job," she said. "We go there, work hard, have our meetings and then get the hell out again. I don't know how people live there, especially with kids."

METRO NEWS SERVICES

celebrity brief

Spice Girls won't reform: Mel B

MUSIC Melanie Brown, a.k.a Mel B, vows the Spice Girls will "never" reform again, femalefirst.co.uk reports. The 33-year-old singer — who shot to fame with Emma Bunton, Victoria Beckham, Melanie Chisholm and Geri Halliwell as part of the girl group — says despite their recent hugely successful reunion tour, they have no plans to do it again. Despite her vow, she insists she hasn't shed her "Scary Spice" image.

METRO NEWS SERVICES

Monogamy is hard: Johansson

RELATIONSHIPS Scarlett Johansson is convinced her relationship with fiancé Ryan Reynolds will last, because they are among the few humans who can be monogamous, femalefirst.co.uk reports.

The actress claims remaining faithful to one partner is "hard work" and not natural.

"I don't think it's a natural instinct for human beings," she told Cosmopolitan magazine. "Monogamy can be hard work for some people. I don't think it applies to everybody, and I don't think a lot of people can do it."

But Johansson insists she is among those who can resist the temptation to cheat.

Reynolds and Johansson announced their engagement in May.

METRO NEWS SERVICES

Kilmer admits he's embarrassed about his weight

PEOPLE Val Kilmer is struggling to shift all the weight he piled on for his latest film role, imdb.com reports.

The actor bulked up to play a prisoner in the forthcoming release Felon — and he confesses the weight isn't dropping off as easily as he'd hoped.

"I just started eating — everyone else was working out and I was ordering the extra Haagen-Dazs," Kilmer says.

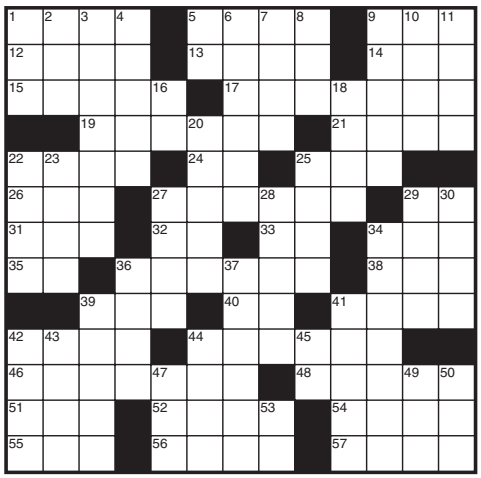
And the 48-year-old admits he has been embarrassed by photos of him in magazines looking fat.

"You've got to suffer the private photos of you. You can't go running after the paparazzi, saying, 'But it's for a movie.'"

METRO NEWS SERVICES

Monty Python star John Cleese has sold his U.S. ranch after a year on the market — by cutting its asking price by $12 million US. The actor finally sold his 14.6 acre property in Santa Barbara, Calif., for $16.6 million. IMDB

Take Five



Crossword across

1 Roulette bet
5 Joule fractions
9 Short hairdo
12 — Russo, of "Tin Cup"
13 Garr or Hatcher
14 Geologic division
15 Urged on
17 Laughed shrilly
19 Grown-ups
21 Healing succulent
22 Toga-party supply
24 Behold!
25 Bastille Day season
26 Flamenco shout
27 Kung fu cousin
29 NY neighbor
31 Ancient
32 Oz aunt
33 Advanced deg.
34 Gleeful cry
35 Midwestern st.
36 Large planet
38 Skip stones
39 Icy remark?
40 Element no. 99
41 Part of a camera
42 Genghis —
44 Apologetic
46 Seafood fare
48 Join up
51 Flock member
52 Woodwind
54 By and by
55 Windy City trains
56 Mascara applicator
57 Account execs

Crossword down

1 Prior to
2 — out (relax)
3 Meshed, as gears
4 Has occasion for
5 And, to Caesar
6 Clergy member
7 Pate de foie —
8 Attack word
9 Hardly a wallflower
10 Layered cookie
11 Directed
16 Fond — Lac, Wis.
18 Petruchio's bride
20 Camel relative
22 Dingbat
23 House wings
25 LGA postings
27 "The King and I" actress
28 Make laugh
29 Biggers' sleuth
30 Faucets
34 "Sweet" girl of song
36 Impressive vases
37 Nerve cell
39 Neonates
41 Some eclipses
42 "Fish Magic" artist
43 Wolf's call
44 "Cathy's Clown" singer
45 Dr. Manchu
47 Wrecker's job
49 Shirt or blouse
50 USN rank
53 Newsroom exec

950,000
Metro readers do it daily!
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Do it daily.
SOURCE: NADbank 2007, read yesterday; BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA

previous day's answer

S	O	L	D		C	L	A	D
O	G	E	E		A	I	D	E
B	L	A	B		C	E	D	E
	E	P	O	C	H	S		D
			N	A	E		E	S
D	O	M	E	S		S	H	
O	R	A		H	E	I	S	T
C	O	L	T		N	L		H
			I	T	D		T	A
	S	P	A	R		H	A	W
P	A	R		Y	E	A	R	
A	R	I		O	V	I	D	
L	A	G		N	A	R	Y	

S	A	Y						
E	M	U						
A	O	K						
H	U	M	P					
M	I	A						
H	E	A	R	D				
I	I							
P	A	R		I	D	L	E	
A	R	I		L	E	E	R	
S	A	S	S					

This day in history

JULY 15, 1741: Alexei Chirikov sights land in Southeast Alaska. He sends some men aboard in a longboat, making them the first Europeans to visit Alaska.
JULY 15, 1815: Napoléon Bonaparte surrenders from aboard HMS Bellerophon.
JULY 15, 1870: Rupert's Land and the North-Western Territory are transferred to Canada from the Hudson's Bay Company, and the province of Manitoba and the Northwest Territories are established from these vast territories.
JULY 15, 1955: Eighteen Nobel laureates signed the Mainau Declaration against nuclear weapons, later co-signed by 34 others.

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A mouthy man will talk nonsense. An event leads to much gossip. A worker needs time to discuss worries.

TAURUS
APRIL 21-MAY 21
A despondent man makes a mistake. News from a distance has a comforting effect. Try to do a few things at once.

GEMINI
MAY 22-JUNE 21
You'll muddle through a minor setback. Someone with realistic opinions appears. A woman suffers a headache in the evening.

CANCER
JUNE 22-JULY 22
Don't overreact to an animated opponent. Avoid an issue that is hopeless. A serious man's attitude is hiding indifference.

LEO
JULY 23-AUG 23
Look for a lost lover under somebody else's spell. Don't visit anyone under stressful conditions. Don't explode when the shouting begins.

VIRGO
AUG 24-SEPT 22
An appointment must be made despite cowardice. Wickedness makes for a bad sleep. A crisis is looming in finances.

LIBRA
SEPT 23-OCT 23
A cruel vixen wants something from you. Travel plans begin to come together. A snooping person reveals a little secret.

SCORPIO
OCT 24- NOV 22
An intense lover has a significant message. Frustration with a small man is discussed. Things that defy explanation will happen.

SAGITTARIUS
NOV 23- DEC 21
Don't let a big shot stamp on your feelings. Be alert to minor gestures. Looking within will flabbergast you.

CAPRICORN
DEC 22-JAN 20
A hypocrite wins a game of the heart. Greed makes someone resist doing harm. An unstable situation will create action.

AQUARIUS
JAN 21-FEB 18
Game players are played out. A do-gooder gets involved in a silly issue. Don't do anything at all for the wrong reasons.

PISCES
FEB 19-MAR 20
Avoid people who will cause heartache. Let yourself be a winner. Depression will lift when a compliment is given.

			6	8			2	7
5	4			7	3			9
	2				6		7	
	1	5				8	9	
	3		8				5	
9			7	1			4	3
4	6			2	9			

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

3	2	4	8	9	5	1	7	6
8	7	1	3	4	6	9	2	5
6	5	9	2	7	1	4	3	8
9	3	6	1	5	7	2	8	4
7	4	2	9	6	8	3	5	1
1	8	5	4	3	2	6	9	7
2	9	7	6	8	4	5	1	3
5	6	3	7	1	9	8	4	2
4	1	8	5	2	3	7	6	9

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

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Afternoon	Tonight	Wednesday	Thursday	Friday
Partly cloudy. 25°	40% Showers. 18°	60% Thunder-showers. 26°/18°	60% Thunder-showers. 25°/18°	Partly cloudy. 26°/16°

Temperature
Normals
High: 26.4°
Low: 15.3°

Records
High: 33.3°/1969
Low: 5°/1946

Sunrise: 5:29 a.m.
Sunset: 8:47 p.m.
Moonset: 2:31 a.m.
Moonrise: 7:23 p.m.

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2950 Bank St.
8 - 1568 Merivale Rd.
530 Montreal Rd.
62 - 2269 Riverside Dr.
1200 Prince of Wales Dr.
118 Holland Ave.
424 Catherine St.
1333 Michael St.
1775 Courtwood Cres.

Brockville
2211 Parkdale Ave.
Cornwall
Cornwall Square
2130 Vincent Massey Dr.

Hawkesbury
321 Main St. E
Kanata
Kanata Centrum Walk

Kingston
Cataraqui Town Centre
103 - 646 Norris Crt.
764 Gardiners Rd.
131 Princess St.

Nepean
39 Robertson Rd.
Orléans
Place d'Orléans
2 - 4312 Innes Rd.
2062 St-Joseph Blvd.

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Pembroke Mall
Perth
106 Gore St. E

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